

Contemplative Voice Work: Sounding the Body-Mind

This course is designed to be primarily experiential in nature. Each class begins with breathing and movement exercises, bringing awareness to the body and releasing habitual holding patterns that can inhibit vocal expression. The remainder of the class is spent in group, dyad, and individual work, exploring techniques for vocal expression, including sounding, toning, singing, and listening as a way to access and express the full range of the authentic voice. Students explore countertransference issues connected with particular vocal qualities and will experiment with "shadow" (not me) vocal sounds in order to develop a wider range of expression. Previous experience with singing is not required.

Course Number: CNST646

Unit: 2.0

Program: GRAD Transpersonal Coun